



LUNCH MEAL PATTERN REQUIREMENTS

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Welcome to the SD Child and Adult Nutrition Services webinar on Lunch Meal Pattern requirements in the School Nutrition Program.

Grade Groups

Same grade groups for NSLP and SBP:

- K-5
- 6-8
- 9-12



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- Schools must use the same grade groups for planning lunches and breakfasts.
- The grade groups are now narrower to provide age-appropriate meals. We will explore in later slides how this rule allows some flexibility to schools that have different grade configurations.
- In the past there was a 1-grade level deviation allowed for schools that may for instance operate a 6-9 grades school. Since there is NOT an overlap of calories any longer, the 9th graders need a different serving size from the 6-8 graders. This 1-grade level deviation is NOT allowed.



Lunch Meal Components

- Fruits
- Vegetables
- Grains
- Meat/Meat Alternate
- Milk

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There are 5 meal components for lunch --- fruits, vegetables, grains, meat/meat alternate and milk.

	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food ^a Per Week (Minimum Per Day)		
Fruits (cups) ^b	2.5 (0.5)	2.5 (0.5)	5 (1)
Vegetables (cups) ^b	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green ^c	0.5	0.5	0.5
Red/Orange ^c	0.75	0.75	1.25
Beans and peas (legumes) ^c	0.5	0.5	0.5
Starchy ^c	0.5	0.5	0.5
Other ^{c,d}	0.5	0.5	0.75
Additional Veg to Reach Total ^e	1	1	1.5
Grains (oz eq) ^f	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) ^g	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories (kcal) ^h	550-650	600-700	750-850
Saturated fat (% of total calories) ^h	< 10	< 10	< 10
Sodium (mg) ^{h,i}	≤ 935	≤ 1035	≤ 1080
Trans fat ^h	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

Lunch Meal Pattern 5-day school week

This is the lunch meal pattern requirements for a 5-day school week.

To read this chart: Daily requirements are located inside parentheses. Weekly requirements are located outside the parentheses. We will dig into each component and nutrient standard in this training.

Please note that the sodium requirement on this chart is the final target and does not have to be met until SY 2024-25. However we will not be looking at sodium for this school year

Now let's review the requirements for each of the components for lunch.

Fruits (Lunch)



Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food ^b Per Week	(Minimum Per Day)	
Fruits (cups)	2.5 (0.5)	2.5 (0.5)	5 (1)

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****circles appear on advance click****

This slide shows the fruit component for lunch, excerpted from the meal pattern chart.

****1 click** red circles**

The number outside the parenthesis is the required amount of food per WEEK for this component.

****1 click** blue circles**

The number inside the parenthesis is the required amount of food per DAY for this component. Note: for fruit this is a MINIMUM Daily requirement.

You can see that there is a requirement for 2.5 to 5 cups of fruit at lunch, **per week**, depending on the age/grade group being served. The numbers in parentheses refer to the minimum amount to be served **daily**.

You can see that the minimum weekly requirement at lunch for fruit is 2.5 cups for Grades K-5 as well as Grades 6-8, and a minimum of 5 cups per week for Grades 9-12. Grades K-5 and Grades 6-8 have minimum daily requirements of ½ cup (as shown again in parentheses) and Grades 9-12 must be offered a minimum of 1 cup of fruit per day.

Fruits (Lunch)

- Fruit is a separate component
- A daily serving at lunch is required
- May select from fresh, frozen, canned in juice/light syrup, or dried fruit options
 - half of the **weekly** fruit offerings may be in the form of juice
 - 100% juice only
 - $\frac{1}{4}$ cup of dried fruit = $\frac{1}{2}$ cup of creditable fruit



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- A daily serving of fruit must be offered at lunch.
- Dried fruit is credible as double the served volume.
- If students select fruit, they must select at least a $\frac{1}{2}$ cup serving of fruit to count toward a reimbursable meal, *under offer vs. serve* (otherwise, they must take full required offering). We will talk about this in more depth in the OVS section of this presentation.
- Menu planners should continue to use the Food Buying Guide for Child Nutrition Programs to determine how to credit whole fruit. USDA has updated the Food Buying Guide for fruits and vegetables.
- Rule against serving frozen fruit without added sugar is waived SY13-14 and waiver will become permanent.
- When it comes to serving fruit juice, you can tell if your juice is creditable if 100% juice is listed as the first ingredient. If water is listed as first ingredient then it must have the words "100% juice" listed somewhere on the label.

	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Vegetables (cups)	3 ³ / ₄ (3 ³ / ₄)	3 ³ / ₄ (3 ³ / ₄)	5 (1)
Dark Green	1/2	1/2	1/2
Red / Orange	3/4	3/4	1 1/4
Beans/Peas (Legumes)	1/2	1/2	1/2
Starchy	1/2	1/2	1/2
Other	1/2	1/2	3/4
Additional Veg to Reach Total	1	1	1 1/2
<h2>Vegetables (Lunch)</h2>			
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During lunch, vegetables are required daily and vegetable subgroups are required weekly. The required vegetable subgroups seek to give children access to a variety of vegetables, and requires weekly minimums of all vegetable subgroups.

For lunch, the new meal pattern requires a daily serving of vegetables. There are also *weekly* minimums for the vegetable subgroups- this means that over the course of the week, the required amount of each subgroup must be met, but that on any given day there are no specific subgroup requirements.

The subgroups required each week consist of: dark green, red/orange, beans/peas (legumes), starchy, and other. Additionally, there is a catch-all category added for additional vegetables that can come from any subgroup to meet the weekly total.

Additional vegetable is also where you record vegetable mixes

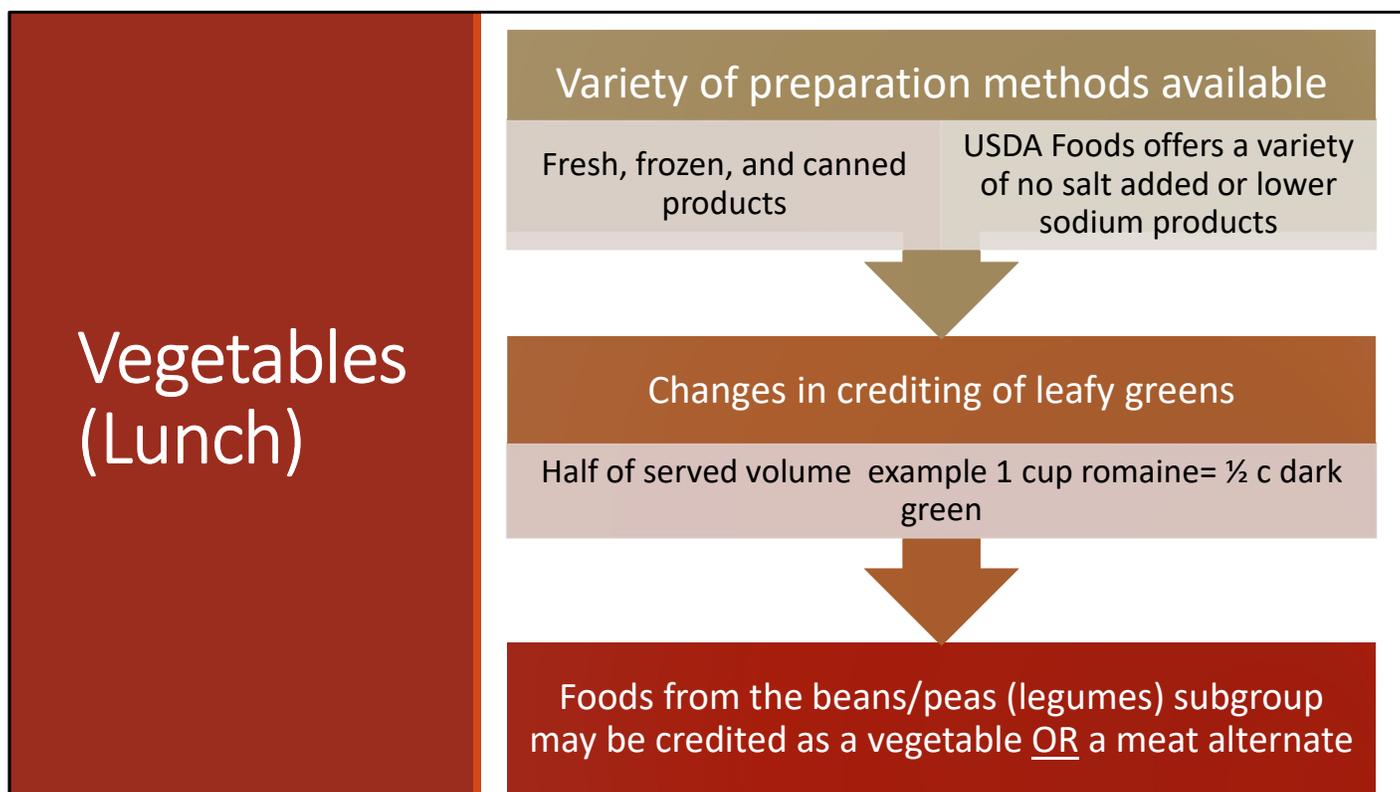


Vegetables (Lunch)

- A daily serving that reflects variety over the week
- Vegetable subgroups are a weekly requirement

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Remember there are both daily & weekly requirements for vegetables. You should try to incorporate a daily serving that reflects variety of the week. Vegetable subgroups are a weekly requirement.



- Schools may select from a variety of vegetable preparation methods to meet these new requirements. Fresh, frozen and canned products are all allowable.
- Schools have access to many nutritious, low sodium vegetable choices through USDA Foods.
- As is currently practiced, 1/8 of a cup of vegetables is the minimum creditable amount. In this final rule, however, the crediting of leafy greens is changed. Uncooked, leafy greens will credit as half of volume as served. Therefore, one cup of romaine lettuce is creditable as one half of a cup of vegetables.
- Additionally, local menu planners can decide how to incorporate beans and peas (legumes) into the school meal. These foods may count toward *either* the requirement for vegetables *or* the meat/meat alternate component. However, schools may not offer one serving of beans and peas and count it toward both food components during the same food item. For example if you were serving chili(meat & beans) and needed to count the beans as meat you could not count the beans as veg also. However you could serve another veg with beans in it and count it toward the veg subgroup requirement (cowboy caviar)

Dark Green Vegetable Subgroup

- bok choy
- broccoli
- collard greens
- dark green leafy lettuce
- kale
- mesclun
- mustard greens
- romaine lettuce
- spinach
- turnip greens



Remember all green vegetables do not necessarily fit into the Dark Green Veg Subgroup. Here is a list of the Dark Green Vegetable subgroup. Grades K-12 need $\frac{1}{2}$ cup minimum per week.

Red & Orange Vegetable Subgroup

- acorn squash
- butternut squash
- carrots
- hubbard squash
- pumpkin
- red peppers
- sweet potatoes
- tomatoes
- tomato juice



Here is a list of the Red and Orange vegetable subgroup. Grades K-8 need a $\frac{3}{4}$ cup minimum per week and grades 9-12 need a 1 and $\frac{1}{4}$ cup minimum per week.



Beans/Peas (Legumes) Veg. Subgroup

- black beans
- black-eyed peas
- garbanzo beans (chickpeas)
- kidney beans
- lentils
- navy beans
- pinto beans
- soy beans
- split peas
- white beans

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Here is a list of the Beans/Peas (legumes) vegetable subgroup. Grades K-12 need $\frac{1}{2}$ cup minimum per week of this vegetable subgroup.

Starchy Vegetable Subgroup



- cassava
- corn
- fresh cowpeas, field peas, or black-eyed peas (not dry)
- green bananas
- green peas
- green lima beans
- plantains
- potatoes
- taro
- water chestnuts

Here is a list of the starchy vegetable subgroup. Grades K-12 need $\frac{1}{2}$ cup minimum per week of this vegetable subgroup.

Other Vegetable Subgroup

- artichokes



- asparagus

- avocado



- bean sprouts

- beets

- Brussels sprouts

- cabbage

- cauliflower



- celery

- zucchini

- cucumbers

- eggplant

- green beans

- green peppers

- iceberg (head) lettuce

- mushrooms

- okra

- onions

- parsnips

- turnips

- wax beans



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As you can see here, many common vegetables are found in the Other veg subgroup - Green beans, iceberg lettuce, green bell peppers, etc.

Grades k-8 need a $\frac{1}{2}$ cup minimum of vegetables from this subgroup weekly and Grades 9-12 need $\frac{3}{4}$ cup minimum of vegetables from this subgroup weekly.

Reminders:

- **Just because a vegetable is green it does not make it a dark green veg subgroup.**
- Green beans do not go into the bean, pea (legume) subgroup just because it is called a bean.

Additional Vegetables



- Remember this is NOT a vegetable subgroup.
- Additional vegetables can come from any subgroup.

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Extra vegetables (any amount over the minimum weekly requirement) can either be credited in its proper vegetable subgroup OR as an additional vegetable.

Any mixed vegetables (more than 1 vegetable subgroup) that you do not know the ratio of, for example canned peas and carrots, count toward additional vegetables and not towards the vegetable subgroup.

If you know the ratio, you can calculate credit towards each subgroup. For example a 50% iceberg lettuce and 50% romaine lettuce blend. You know that half the serving can credit towards "Other" for iceberg lettuce and half your serving can credit towards "Dark Green" for the romaine lettuce.

Grains (Lunch)

Schools must offer the daily and weekly minimum serving of grains

“Whole grain-rich” (WGR) foods must contain at least 50 percent whole grains

Half of grains must be whole grain-rich, the remaining does not need to be whole grain-rich

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- Now, I will talk about the grains requirement for lunch. Please note that there are weekly minimums. Schools must offer the daily and weekly minimum serving of grains.
- Beginning July 1, 2019 **half** of grains offered at lunch must be whole grain-rich, the remaining does not need to be whole grain-rich.
- It is important to remember the difference between Whole Grain Rich and Whole Grain.
- Whole grain rich contains both whole grains and enriched grains. Whole grain does not necessarily contain enriched grains.

Grains (Lunch)



Lunch Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food ^b Per Week (Minimum Per Day)		
Grains (oz eq)	8-9 (1)	8-10 (1)	10-12 (2)

Here is the lunch meal pattern for grains for each grade group. As we discussed there is a daily and weekly minimum requirement for all grade groups. Grades k through 5 need to have 8-9 oz equivalents per week and at least 1 oz equivalent of grains per day. Grades 6 through 8 need to have 8-10 oz. equivalents per week and at least 1 oz equivalent of grain per day. Grades 9 through 12 need to have 10-12 oz equivalents per week and at least 2 oz equivalents of grains per day.

Whole Grain Terms

- **Whole grain:** contains same percentage of parts as original (whole) grain
- **Refined grain:** bran and germ have been removed
- **Enriched grain:** some, but not all, nutrients have been added back to a refined grain
- **Whole grain “rich”:** contains at least 50% whole grain and the remaining grain, if any, is enriched

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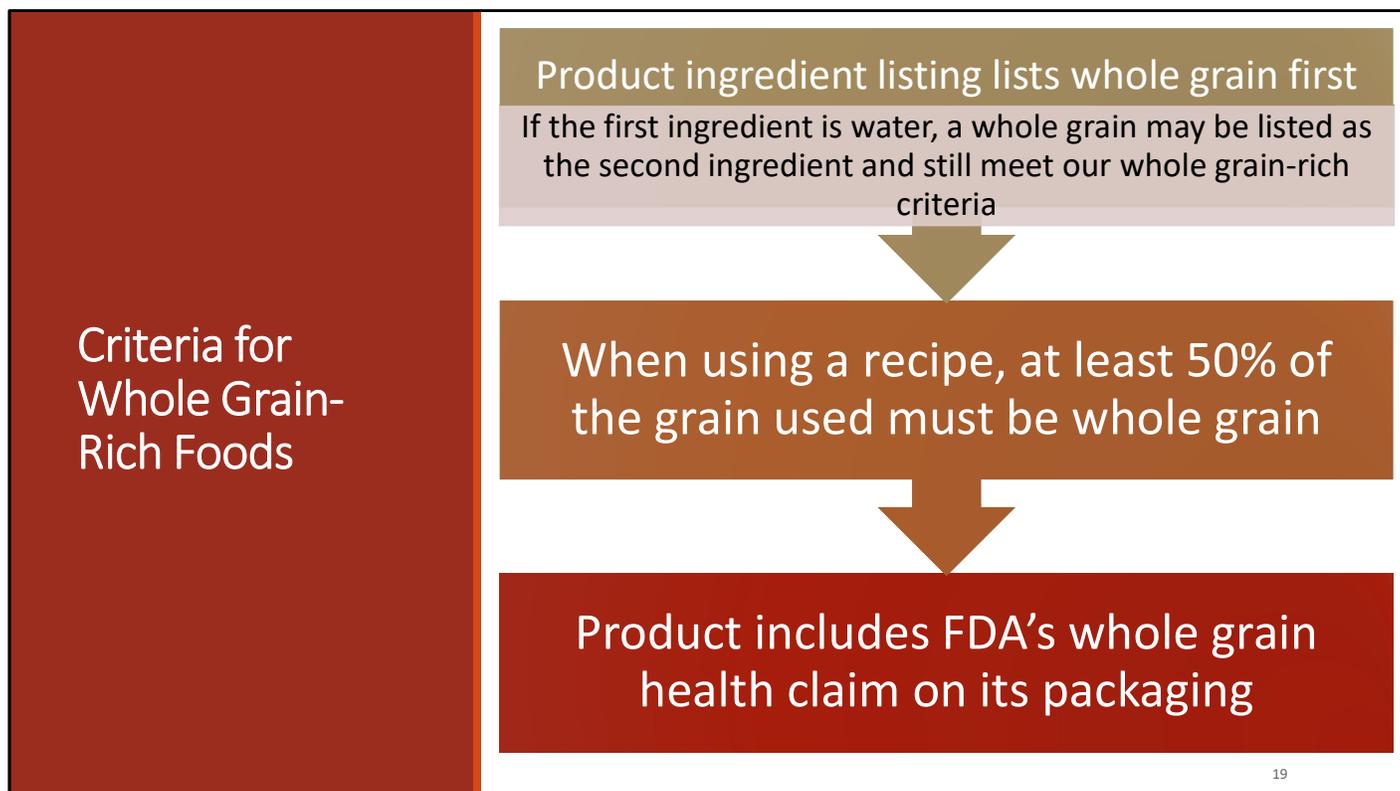
Here are the whole grain terms as defined.

Whole grain: means that it is made with or contains the whole unprocessed grain. It contains the same percentage of parts as original (whole) grain

• **Refined grain:** refers to grain products consisting of grains or grain flours that have been significantly modified from their natural composition. The modification process generally involves the mechanical removal of bran and germ, either through grinding or selective sifting.

• **Enriched grain:** have nutrients that have been lost during processing and then added back after milling. Enriched grains can also be fortified, meaning nutrients that are not naturally occurring are also added

• **Whole grain “rich”:** means that the product contains at least 50% whole grain and the remaining grain, if any, is enriched



- Now we will discuss how you can determine if your grain foods are Whole Grain-Rich.
- First, a product must meet the grains/breads serving size requirements (we will look at the grain bread chart in a few slides).
- Second, a product must also meet one of the following:
 - The whole grains per serving must be greater than or equal to 8 grams
 - The product includes FDA's whole grain health claim on its packaging, OR
 - The product ingredient listing lists whole grain first
- When using a recipe, at least 50% of the grain used must be whole grain
- At this time, the product ingredient listing is the only certain way to tell because manufacturers aren't required to provide information about the grams of whole grains in their products, and the FDA whole grain health claim is not mandatory.

Criteria for Whole Grain-Rich Foods



Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat .5g	1%	Total Carbohydrate 14g	5%
Saturated Fat 0g	0%	Dietary Fiber 2g	10%	
Trans Fat 0g		Sugars 2g		
Cholesterol 0mg	0%	Protein 3g		
Sodium 150mg	6%			
Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 4% Thiamine 10% • Riboflavin 6% • Niacin 4% • Folic Acid 2%				

Serving Size: 1 Slice (28g)
Servings Per Container: 16

Calories 60
Calories from Fat 5

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, SUGAR, YEAST, CONTAINS 2% OR LESS OF THE FOLLOWING: WHEAT GLUTEN, SOYBEAN OIL, SALT, DOUGH CONDITIONERS (MONOGLYCERIDES, SODIUM STEARATE, LACTYLATE, ASCORBIC ACID, CALCIUM SULFATE, ENZYMES), MONOCALCIUM PHOSPHATE, CALCIUM PROPIONATE (PRESERVATIVE).
CONTAINS: WHEAT.

*Percent Daily Values (DV) are based upon a 2,000 calorie diet. Your Daily Values may be higher or lower depending upon your calorie needs.

Nutrients	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

PAN-O-GOLD BAKING CO., ST. CLOUD, MN 56302 • FARGO, ND 58108 • MINNEAPOLIS, MN 55447 • SUN PRAIRIE, WI 53590 www.panogold.com FC-100%WW

You can also look for the Whole Grain Council stamp that you can see shown on the top of this slide. This stamp tells you that the product contains either 8g of whole grains or more per serving OR 16g of whole grains or more per serving.

If the grain product is not 100% whole grain, SFA must ensure the remaining grains are enriched.

Caution if your whole grain stamp says 8 g or more per serving – make sure the other creditable grains are enriched.

This is a nutrition label for whole wheat bread. Keep in mind that water can be the first ingredient & still count as a whole grain if the whole grain is the second ingredient.

Combination Whole Grain-Rich Foods



Ingredients:

FRITTATA-Whole Eggs, Water, Pasteurized Process Cheddar Cheese (Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto (Vegetable Color)]. Water, Cream, Sodium Phosphate, Salt, Apo-Carotenal [color], Enzymes, Silica Gel [to prevent caking]), Diced Ham--Water and Smoke Flavoring added (Ham, Water, Salt, Dextrose, Sodium Phosphates, Smoke Flavoring, Sodium Erythorbate, Sodium Nitrite), Whole Milk Powder, Soybean Oil, Modified Food Starch, Salt, Xanthan Gum, Citric Acid, Soy Lecithin (release agent). **WHOLE WHEAT FLOUR**

TORTILLA- Whole Wheat Flour, Water, Vegetable Shortening (Interesterified Soybean Oil, Fully Hydrogenated Soybean Oil), Contains 2% or less of the following: Sugar, Salt, Baking Powder (Sodium Bicarbonate, Corn Starch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Vital

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For mixed component food items like this Tac-GO, the first **grain** ingredient must be a whole grain. You can see that Whole Wheat flour is the first ingredient so this would be an acceptable choice to serve.

Grains (Lunch)

- Crediting Whole Grain-Rich Ounce Equivalency (Oz Eq) Requirements
 - Memo SP 30-2012
 - Use the Grain/Bread chart for crediting
 - Food Buying Guide will be updated soon



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Let's talk about how to credit grains using the grain bread chart. You can find this in memo SP 30-2012

Exhibit A: School Lunch and Breakfast

Whole Grain-Rich Ounce Equivalency (oz eq)

Requirements for School Meal Programs

Group A

- Bread type coating
- Bread sticks (hard)
- Chow mein noodles
- Savory Crackers (saltines and snack crackers)
- Croutons
- Pretzels (hard)
- Stuffing (dry) Note: weights apply to bread in stuffing

Oz Eq. for Group A

1 oz eq = 22 gm or 0.8 oz

$\frac{3}{4}$ oz eq = 17 gm or 0.6 oz

$\frac{1}{2}$ oz eq = 11 gm or 0.4 oz

$\frac{1}{4}$ oz eq = 6 gm or 0.2 oz

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Note that the chart is divided up into different groups in the first column. On the right hand side is the column showing the ounce equivalency for a full serving, $\frac{3}{4}$ serving, half serving and $\frac{1}{4}$ serving. Reading your nutrition fact label will help you determine what serving size you have and how much you need to serve to get the full serving. We'll talk more about that later when we review some labels.

Group A – are things like saltine/snack crackers, croutons, hard pretzels

Group B

- Bagels
- Biscuits
- Egg roll skins
- English muffins
- Pizza crust
- Pretzels (soft)
- Batter type coating
- Breads (sliced whole wheat, French, Italian)
- Buns (hamburger and hot dog)
- Sweet Crackers (graham crackers, animal crackers)
- Pita bread (whole wheat or whole grain-rich)
- Rolls (whole wheat or whole grain-rich)
- Tortillas (whole wheat or whole corn)
- Tortilla chips (whole wheat or whole corn)
- Taco shells (whole wheat or whole corn)

Oz Eq. for Group B

1 oz eq = 28 gm or 1.0 oz
 $\frac{3}{4}$ oz eq = 21 gm or 0.75 oz
 $\frac{1}{2}$ oz eq = 14 gm or 0.5 oz
 $\frac{1}{4}$ oz eq = 7 gm or 0.25 oz

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Here is the Group B list. Group B – is your most popular group with things like bagels, biscuits, dinner rolls, hamburger/hotdog buns, pizza crust, bread, tortilla chips, taco chips, etc. Note that 28g or 1 oz equals a 1 oz equivalent serving

Group C

- Cornbread
- Corn muffins
- Croissants
- Pancakes
- Waffles
- Cookies (plain – includes vanilla wafers)
- Pie crust (dessert pies, cobbler, fruit turnovers, and meat/meat alternate pies)

Oz Eq. for Group C

1 oz eq = 34 gm or 1.2 oz

$\frac{3}{4}$ oz eq = 26 gm or 0.9 oz

$\frac{1}{2}$ oz eq = 17 gm or 0.6 oz

$\frac{1}{4}$ oz eq = 9 gm or 0.3 oz

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Group C – are your plain cookies, pancakes, waffles, fruit turnovers, etc. Note that they have a different weight to get a 1 oz equivalency

See the footnotes for some additional information. For example footnote #3 indicates that any product labeled with a 3 is allowed as a dessert only for lunch such as the cookies

Footnote #4 indicates that any of these are allowed for desserts at lunch AND for breakfast under SBP – fruit turnover

Group D

- Doughnuts (cake and yeast raised, unfrosted)
- Cereal bars, breakfast bars, granola bars (plain)
- Muffins (all, except corn)
- Sweet roll (unfrosted)
- Toaster pastry (unfrosted)

Oz Eq. for Group D

1 oz eq = 55 gm or 2.0 oz

$\frac{3}{4}$ oz eq = 42 gm or 1.5 oz

$\frac{1}{2}$ oz eq = 28 gm or 1.0 oz

$\frac{1}{4}$ oz eq = 14 gm or 0.5 oz

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Group D would contain your cereal/breakfast bars, granola bars (plain), all muffins except corn muffins, unfrosted sweet rolls, toaster pastries. Note the gram weight and ounce weight of the product in order to count as a 1 oz equivalency for the meal pattern. For example, if you purchased blueberry muffins, each muffin would need to weigh at least 55 grams or 2 oz in order to count for a 1 oz equiv.

Group E

- Cereal bars, breakfast bars, granola bars (with nuts, dried fruit, and/or chocolate pieces)
- Cookies (with nuts, raisins, chocolate pieces and/or fruit purees)
- Doughnuts (cake and yeast raised, frosted or glazed)
- French toast
- Sweet rolls (frosted)
- Toaster pastry (frosted)

Oz Eq. for Group E

1 oz eq = 69 gm or 2.4 oz

$\frac{3}{4}$ oz eq = 52 gm or 1.8 oz

$\frac{1}{2}$ oz eq = 35 gm or 1.2 oz

$\frac{1}{4}$ oz eq = 18 gm or 0.6 oz

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Group E – cereal/breakfast bars, granola bars with nuts, fruit, choc pieces or cookies with nuts, raisins, choc pieces, etc., frosted sweet rolls or toaster pastries – note that each one of these needs to weigh 69g or 2.4 oz in order to count for the 1 oz equiv

Group F

- Cake (plain, unfrosted)
- Coffee cake

Oz Eq. for Group F

1 oz eq = 82 gm or 2.9 oz
 $\frac{3}{4}$ oz eq = 62 gm or 2.2 oz
 $\frac{1}{2}$ oz eq = 41 gm or 1.5 oz
 $\frac{1}{4}$ oz eq = 21 gm or 0.7 oz

Group G

- Brownies (plain)
- Cake (all varieties, frosted)

Oz Eq. for Group G

1 oz eq = 125 gm or 4.4 oz
 $\frac{3}{4}$ oz eq = 94 gm or 3.3 oz
 $\frac{1}{2}$ oz eq = 63 gm or 2.2 oz
 $\frac{1}{4}$ oz eq = 32 gm or 1.1 oz

Group F – cakes & coffee cake – note the footnotes 3 & 4 they have an even higher gram weight and ounce weight to meet the 1 oz equiv serving. If you plan to serve cake for dessert then you would need to weigh a few pieces to get an idea of what serving size you are giving. Maybe your cake pieces would be quite large and too much to serve so you would provide maybe a half serving or 41g.

Group G – Brownies plain and cake frosted

Group H

- Cereal Grains (barley, quinoa, etc.)
- Breakfast cereals (cooked)
- Bulgur or cracked wheat
- Macaroni (all shapes)
- Noodles (all varieties)
- Pasta (all shapes)
- Ravioli (noodle only)
- Rice (enriched white or brown)

Oz Eq. for Group H

1 oz eq = ½ cup cooked
or 1 oz (28 g) dry

Group I

- Ready to eat breakfast cereal (cold, dry)

Oz Eq. for Group I

1 oz eq = 1 cup or 1 oz for flakes and rounds
1 oz eq = 1.25 cups or 1 oz for puffed cereal
1 oz eq = ¼ cup or 1 oz for granola

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Group H – this group has all the cereal grains such as barley, quinoa, cooked breakfast cereals, pasta, rice

NOTE: that ½ cup cooked provides 1 oz eq serving

Group I – Ready to eat cereal – 1 cup or 1 ounce equals the 1 oz equiv ¼ cup granola equals 1 oz equiv

See footnote #6 – cereals must be whole grain or whole grain and enriched or fortified



Grains (Lunch)

- Grain-Based Desserts
 - Only two creditable grain-based desserts allowed at lunch per school week
 - These items are a major source of solid fats and added sugars per DGA 2010

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- Remember that all grains, including grain-based desserts must be counted towards your minimum and maximum ranges for grains.
- Only 2 grain based desserts can be counted each week. These items are a major source of solid fats and added sugars.

Meats/Meat Alternates (Lunch)

Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)

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This chart shows the daily minimums for the different grade groups in parentheses, as well as the weekly ranges for the different groups (8-10 oz eq. for K-5; 9-10 oz eq. for 6-8; and 10-12 oz eq. for 9-12). Please note that you must meet the weekly minimum requirements; K-8 menu must plan for 9 oz eq. per week at minimum and 9-12 menu must plan for 10 oz eq. per week minimum.

Meats/Meat Alternates (Lunch)

- Daily and weekly requirements for lunch only
 - 2 oz eq. daily for students in grades 9-12
 - 1 oz eq. daily for younger students
- A variety of meat/meat alternates is encouraged



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Students in grades 9-12 must be offered at least 2 ounce equivalents daily, and younger students must be offered at least one ounce equivalent daily. Meal planners have flexibility to determine how to reach the required weekly ranges.

- Additionally, both tofu and soy yogurt will be creditable as meat alternates. See memo SP-16-2012 for more guidance on crediting tofu and soy yogurt products.

M/MA Reminders

Cheese sauce from a can or powder is not creditable unless it has a CN label.

The same M/MA cannot be served more than 2 times per week.

Common Meat Alternates:

- Yogurt
- Cheese
- Eggs
- Beans, Peas (Legumes) – just remember they cannot be credited as veg in the same meal.
- Commercially prepared soy products like Tofu and Soy Yogurt

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Cheese sauce from a can or powder is not creditable unless it has a CN label. The same Meat/meat alternate cannot be served more than 2 times per week. Here is a list of common meat alternates. Yogurt, cheese, eggs, beans, peas and legumes and soy products. Remember that if you are crediting the beans, peas (legumes) as meat alternate you can not credit it as the vegetable in the same meal.

Tofu must be commercially prepared and Must meet definition est. in 7 CFR 210.2 in order to be creditable.

2.2 ounces (1/4 cup) of commercially prepared tofu, containing at least 5 grams of protein, is creditable as 1.0 oz eq meat alternate.

½ cup (4 fluid oz) soy yogurt is creditable as 1 oz eq meat alternate

Milk (Lunch)

Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Fluid milk (cups)	5 (1)	5 (1)	5 (1)

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The last meal component is the fluid milk requirement. At least 1-cup of milk must be offered each day for lunch regardless of age/grade group. This is a minimum requirement.

Milk (Lunch)

- Allowable milk options:
 - Must be pasteurized fluid milk
 - Fat-free (unflavored or flavored)
 - Low-fat (unflavored or flavored)
 - Fat-free or low-fat (lactose-reduced or lactose-free)
- Must offer at least **two** choices
- Does not alter nutrition standards for milk substitutes (e.g., soy beverages)

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• Schools must offer at least **two choices** within the types of milk listed - unflavored or flavored fat-free and low-fat milk.

• If *flavored* lactose reduced or lactose-free milk is offered, it also must be fat-free. Schools are not allowed to offer 2% or whole milk.



Lunch Dietary Specifications

(A.K.A NUTRIENT STANDARDS)

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Dietary Specifications and Nutrient Standards mean the same thing.

Four Nutrient Standards

Weekly average requirements

- Calories
- Sodium
- Saturated fat

Daily requirement

- Trans fat



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•In addition to complying with the meal pattern components, lunches and breakfasts must also meet a few dietary specifications.

•These specifications are calories, sodium, saturated fat, and trans fat.

•The standards for calories, sodium, and saturated fat are to be met on average over the school week. This means that the levels of any of these in any **ONE MEAL COULD EXCEED THE STANDARD AS LONG AS THE AVERAGE NUMBER FOR THE WEEK MEETS THE STANDARD.**

•However, with regard to trans fat, food products and ingredients used daily will have to contain zero grams of trans fat per serving.

Calorie Ranges

Grade Level: K-5
Calorie Ranges:
Lunch: 550-650



Grade Level: 6-8
Calorie Ranges:
Lunch: 600-700



Grade Level: 9-12
Calorie Ranges:
Lunch: 750-850



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- The first dietary specification is calorie ranges. These calorie ranges are to be met **ON AVERAGE** over the school week. Let me stress that these calorie ranges should be planned to be met over the course of the week, then calculate the daily average. These are not meant to be daily ranges.

Sodium Limits and Timeline

Target 1:
SY 2014-15

Lunch
≤1230mg (K-5)
≤1360mg (6-8)
≤1420mg (9-12)

Breakfast
≤540mg (K-5)
≤600mg (6-8)
≤640mg (9-12)

Target 2:
SY 2024-25

Lunch
≤935mg (K-5)
≤1035mg (6-8)
≤1080mg (9-12)

Breakfast
≤485mg (K-5)
≤535mg (6-8)
≤570mg (9-12)

Sodium

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- School lunch regulation requires schools to make a gradual reduction in the sodium content of school meals. Therefore, schools are required to meet two intermediate sodium limits, as well as a final limit.
- Target 1 will be required beginning SY 2014-2015 for both breakfast and lunch. This reflects sodium reductions that menu planners can achieve through menu changes and recipe modifications.
- Target 2 will be for SY 2024-2025
- **If your school uses a merged grade group, you must use the most strict requirement. For example, K-8 grade group must follow the K-5 requirement.**

Sodium Reduction Efforts



Read nutrition labels



Purchase foods with low or no added salt



Recipes must be modified to reduce sodium levels



Reduce condiment usage

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We understand that reducing sodium in school meals is a big challenge. Procurement specifications and recipes will have to be modified.

Make sure you are reading nutrition labels, purchasing food with low or no added salt, modifying recipes to reduce sodium and reducing condiment usage.

Don't have salt shakers/packets on the tables and offer alternate no-salt seasonings such as salt free herb blends or salt free lemon pepper

Sodium Reminder

- Naturally occurring sodium and the nutrient analysis
- All foods and beverages offered as part of a reimbursable meal are included in the weighted nutrient analysis
- Including foods with naturally occurring sodium, like milk



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- A quick point on sodium: I would like to clarify that all foods and beverages offered as part of the reimbursable meal are included in the weighted nutrient analysis during the one week review period. Therefore, all sources of sodium-including naturally occurring sources such as milk, must be taken into account.
- All foods and beverages offered as part of a reimbursable meal or free of charge during meal service are included in the weighted nutrient analysis.

Saturated Fat

- Less than (<) 10% of total calories from saturated fat
- Limit saturated fat by:
 - Serving lean meats such as 90% lean ground beef
 - Reducing saturated fat in recipes
 - Reducing condiment usage such as (full fat) salad dressings, butter, buttermilk, and 2% or higher dairy



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Less than (<) 10% of total calories can come from saturated fat

You can limit saturated fat by serving lean meats such as 90% lean ground beef and by reducing saturated fat in recipes. You can also limit saturated fat by reducing condiment usage. Full fat salad dressings, butter, buttermilk, and 2% or higher dairy foods are high in saturated fat.

There are no total fat requirements.

Trans Fat

- Nutrition label or manufacturer's specifications must specify zero grams of trans fat per serving
 - or less than (<) 0.5 gram per serving
- Naturally-occurring trans fat excluded
 - e.g. beef, lamb, dairy products



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You may be wondering, if there is trans-fat on the label and the food item contains a naturally-occurring sources of trans fat (like beef in a beef burrito) how is a school to determine how much trans fat is from a naturally-occurring source and is exempt from the requirement?

The answer is that the only clear way to determine if the product is in compliance is for schools to request this information from suppliers on how much of the trans fat is naturally occurring versus if any of the other ingredients contain trans fat.

The nutrition label or manufacturer's specifications must specify zero grams of trans fat per serving.



Lunch Menu Planning grade groups

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Now we will be talking about how you can menu plan for the various grade groups.

Grade Groups

Allowable grade groups:

- K-5
- 6-8
- 9-12



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Here are the allowable grade groups. Schools are required to use the same grade groups for planning lunches and breakfasts. We already discussed this a little bit at the beginning of this training, but now, let's dig into menu planning grade groups in more detail.

Grade Group – Flexibility

K-8 grade group

Allowed because there is overlap in the K-5 and 6-8 meal patterns and nutrient specifications.

- K-8 menus must meet following:
 - 8-9 oz eq grains/week
 - 9-10 oz eq meat/meat alternates/week
 - Average daily calorie range 600-650
 - Average daily sodium limit \leq 1230 mg

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- First, please note that the meal requirements for the K-5 and 6-8 age/grade groups do overlap, therefore a single menu can be used to meet the needs of children in grades K-8. The daily minimum requirements for food components have overlap.
- In order to accommodate the average daily nutrient limits and weekly minimums for both grains and meat/meat alternates, menu planners must work with the following parameters. K-8 menus must meet the following requirements. They must serve 8-9 oz eq grains per week and 9-10 oz eq meats/meat alternates per week while staying within the average calorie range of 600 to 650 calories and having an average sodium range of less than 1230 mg. *Since sodium is an upper limit, schools must always follow the lower age group requirement when dealing with multiple grade groups in this case, the menu planner must follow the K-5 requirement for sodium.*

Example of Grade Group Differences



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This slide summarizes the overlap of calorie requirements for grades K-8. There is no overlap for grades 9-12.

Grade Groups

There is no overlap in grades 6-8 and 9-12 meal patterns



Schools that consist of both grade-groups must develop menus accordingly to meet needs of these two separate groups

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- Menu planners must adapt in order to offer menus that work for grades 6-8 and 9-12 in a single school, since one single menu with the same amounts of food will not work.
- Schools that consist of both grade-groups must develop menus accordingly to meet needs of these two separate groups.
- Additionally, the new meal pattern does not allow for schools with a grade configuration with one grade above or below the grade grouping to follow the predominant grade group requirements (as was previously allowable).
- Note that modest adaptations can be made to menus to accommodate both grade groups in a single school.

Menu Planning for Grades 6-8 and 9-12

- Modest adaptations to menus to accommodate needs of older children:
 - Offer $\frac{1}{2}$ cup more fruit daily
 - Offer $\frac{1}{4}$ cup more vegetables daily
 - Need $\frac{1}{2}$ cup more red/orange, $\frac{1}{4}$ cup other, $\frac{1}{2}$ cup additional (any subgroup) some time during the week
 - These changes alone *may* meet calorie needs for the 9-12 group by adding additional grain or meat/meat alternates provided it meets the meal pattern and nutrition standards.

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- One way to ease menu planning for a school with both 6-8 and 9-12 grade groups within one school is to start with a menu that is appropriate for grades 6-8, then add in a few additional foods to serve to the older grade group.
- For the older children (grades 9-12), the fruit and vegetable minimums must be met. Therefore, on top of the requirements for the 6-8 group, schools must make available to the older children:
 - $\frac{1}{2}$ cup more fruit daily
 - $\frac{1}{4}$ cup more vegetables daily

The 9th through 12th grade also need $\frac{1}{2}$ cup more red/orange, $\frac{1}{4}$ cup other, $\frac{1}{2}$ cup additional (any subgroup) some time during the week

- An alternate suggestion is to make the full 1 cup fruit and vegetables required for grades 9-12 available to both grade-groups (same menu plan for these 2 food components), if such offerings do not exceed the calorie limit for the 6-8 grade group
- To meet the additional calorie needs of the 9-12 grade group, consider an additional ounce equivalent of grain or meat/meat alternate served to the older children (i.e. additional bread option, larger entrée serving size)



Other considerations

LUNCH MENUS

Now we will discuss a few other considerations for planning lunch menus.

Offering Free Food

Typical free offerings:

- Second Servings
- Condiments
- Extra Foods
 - Foods that you do not credit as a component, in other words, they are planned as extra or bonus food items

Foods offered free of charge during a meal service will count in your dietary specification requirements.

- Menus must stay within calories, saturated fat, sodium, trans fat requirements .
- They will be included in your Administrative Review nutrient analysis

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- Some schools choose to offer free food. Typical free offerings include second servings, Condiments, and Extra Foods. Extra foods are foods that you do not credit as a component, in other words, they are planned as extra or bonus food items
- Foods offered free of charge during a meal service will count in your nutrient standard requirements.
 - Menus must stay within nutrient standard requirements (calories, saturated fat, etc.).
 - They will be included in the nutrient analysis.

A La Carte Purchases

Purchased foods including purchased seconds do not count toward meal pattern requirements or dietary specification requirements

These items will not be included in a nutrient analysis

These foods must meet “Smart Snack” regulations.

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You may also choose to offer a La Carte items. These purchased foods, including purchased seconds do not count toward the meal pattern requirements or the dietary specification requirements. These items will not be included in a nutrient analysis, but these foods must meet “smart Snack” regulations.

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This concludes our presentation on lunch meal pattern requirements in the School Nutrition Program. If you have any questions please contact our office. You can email us at DOESchoollunch@state.sd.us, call the office at 605-773-3413 or visit our website.

Lunch Meal Patterns

This training credits for 45 minutes of training in
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